



Ampertaine Primary School

## Headlice



04/11/20

As can happen from time to time, a case of head lice has been reported in school. Many thanks to the Parent who let us know - this always helps other Parents (and Teachers!!). We have prepared some advice for you which may be of help.

First of all, we would pass on the following advice from local health professionals:

1. Do NOT use any head lice treatment if there are no head lice.
2. It is good practice to use only treatments currently being issued by your local chemist: **do not use any old or half bottles left over from last year without asking your chemist which treatment is currently being used.**

### Head lice: have you got head lice? - notes for families...

If you have had a close look and still aren't sure, here's how you can do some detection combing:

- Wash the hair well, then dry it with a towel. The hair should be damp, not dripping.
- Make sure there is good light. Daylight is best.
- Comb the hair with an ordinary comb.
- Start with the teeth of the *detection comb* touching the skin of the scalp at the top of the head. Draw the comb carefully towards the edge of the hair.
- Look carefully at the teeth of the comb in good light.
- Do this over and over again from the top of the head to the edge of the hair in all directions, working round the head.
- Do this for several minutes. It takes 10 to 15 minutes to do it properly for each head.
- If there are head lice, you will find one or more lice on the teeth of the comb
- Head lice are little insects with moving legs. They are often not much bigger than a pin head, but may be as big as a sesame seed (the seeds on burger buns).
- Clean the comb under the tap. A nail brush helps to do this
- If you find something and aren't sure what it is, stick it on a piece of paper with clear sticky tape and show it to your school nurse or family doctor. There can be other things in the hair which are not lice

## If You Do Find a Living Louse...

- check the heads of all the people in your home.
- only treat those who have living, moving lice.
- treat them all at the same time with a head louse *lotion* from your chemist (not shampoo).
- ask your local chemist, school nurse, health visitor or family doctor which lotion to use.
- put the lotion on to *dry* hair, in a well ventilated room or in the open air.
- part the hair near the top of the head, put a few drops on to the scalp and rub it in. Part the hair a bit further down the scalp and do the same again. Do this over and over again until the whole scalp is wet.
- you don't need to put lotion down long hair any further than where you would put a pony-tail band.
- use enough lotion - at least one small bottle for each head, more if the hair is thick. Use all the lotion up.
- keep the lotion out of the eyes and off the face. One way is to hold a cloth over the face.
- let the lotion dry on the hair. Some lotions can catch fire, so keep well away from flames, cigarettes, stoves, and other sources of heat. Don't use a hair dryer.
- treat all of them again seven days later in the same way with the same lotion.
- check all the heads a day or two after the second treatment. If you still find living, moving lice, ask your local chemist, health visitor, school nurse, or family doctor for advice

## Useful Website:



<http://www.nidirect.gov.uk/head-lice>